

# metro

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Tuesday, September 20, 2016 metro.us | t: MetroBOS | f: MetroBoston



## TIME TO TRADE JIMMY G?

Matt Burke on the Pats' QB situation. 17

A new film brings back the Fab Four. 9

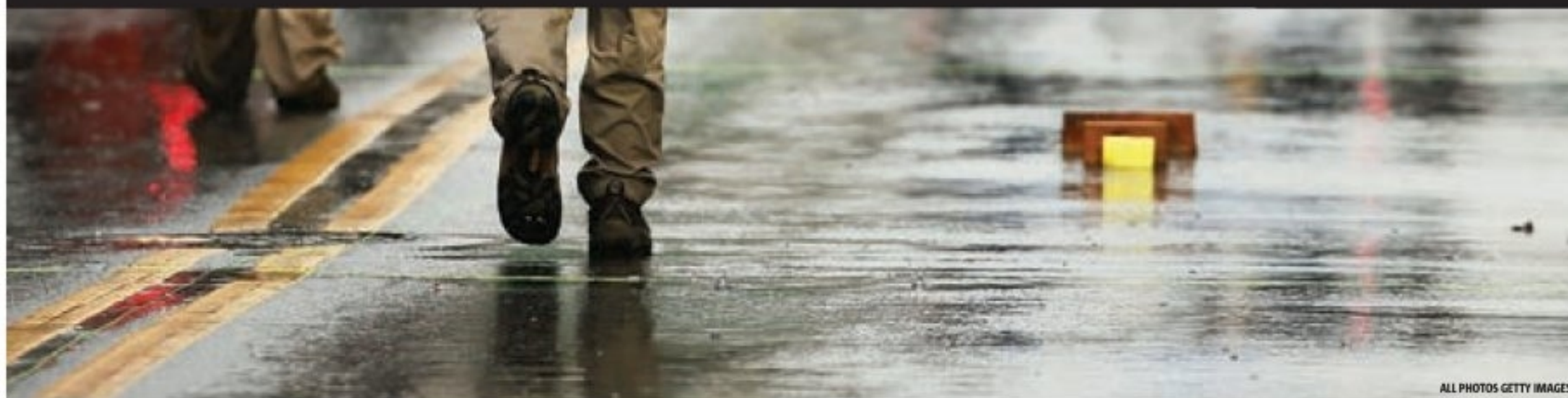


How to de-stress at work this fall. 12



# CAPTURED

Bombing suspect Rahami nabbed after shootout. 2



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## 3 things you need to know

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RUSSIA'S RULING PARTY

Vladimir Putin cemented his supremacy over Russia's political system when his ruling United Russia party took three quarters of the seats in parliament in a weekend election, paving the way for him to run for a fourth term as president. Opposition activists and European observers questioned how free and fair the vote had been, however, although there were no immediate signs the result might spark street protests of the kind which erupted after the last such election in 2011. With most votes counted, United Russia, founded by Putin almost 16 years ago after he first became president, was on track on Monday to win 76 percent of the seats in Russia's Duma, the lower house of parliament, up from just over half in 2011. **REUTERS**

SYRIA DECLARES  
CEASEFIRE OVER; US,  
RUSSIA SEEK EXTENSION

Syria's military declared a weeklong cease-fire over on Monday and vowed to continue fighting, even as officials from the United States and Russia met behind closed doors in Geneva to try to extend it. What is likely to be the final attempt by the U.S. administration of President Barack Obama to find a negotiated solution to the five year old civil war appeared close to collapse. Secretary of State John Kerry said it was too early to call the cease-fire finished, and the United Nations said that only Washington and Moscow could declare it over, as they were the ones who had originally agreed to it. But both the Syrian army and the rebels spoke openly of returning to the battlefield. **REUTERS**

FLA. DECLARES NEIGH-  
BORHOOD ZIKA FREE;  
CDC REMAINS CAUTIOUS

U.S. health officials on Monday continued to advise pregnant women and their partners to consider postponing non-essential travel to Miami to avoid the risk of exposure to Zika, even as Florida Gov. Rick Scott declared the city's Wynwood neighborhood Zika-free and invited visitors to return. The U.S. Centers for Disease Control and Prevention said in a statement that the Wynwood neighborhood of Miami had been considered an area of active Zika virus transmission from June 15 to Sept. 18, 2016. It urged pregnant women who lived in or traveled to the neighborhood to consider getting tested for Zika. "We want to continue to emphasize to pregnant women that they still should consider postponing non-essential travel for all of Miami-Dade [County]. That is still in effect," said CDC spokesman Tom Skinner. **REUTERS**



## METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to [www.metro.us/news-quiz](http://www.metro.us/news-quiz) to submit your answers.

1. What are Boston residents trying to save with a petition drive?
2. Who should be the Red Sox' No. 3 starter if they make the playoffs?
3. When did The Beatles stop touring live?



Law enforcement officers secure the area where they arrested terror suspect Ahmad Khan Rahami following a shootout in Linden, New Jersey, on Monday. **GETTY IMAGES**

Bombing suspect Rahami  
charged with five counts  
of attempted murder

The gripping  
events unfolded in  
fewer than  
40 hours.

AMANDA MIKELBERG  
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Ahmad Kahn Rahami, the man suspected of carrying out a successful bombing in New York that injured 29 people as well as planting multiple bombs around New York and New Jersey, could not evade the hot pursuit of authorities and media determined to uproot a terrorist.

The first event was the Seaside Park, New Jersey, explosion inside a trash can at 9:30 a.m. on Saturday, shortly before the start of a Marine Corps charity run. No injuries were reported and the incident mostly flew under the news radar until Saturday night.

Then, at approximately 8:30 p.m., a deafening explosion blasted apart a large dumpster on a bustling block of West 23rd Street between Sixth and Seventh avenues. Twenty-nine people were hospitalized for injuries from flying shards of glass and metal.

Mayor Bill de Blasio labeled the incident as an "intentional act," but stated Saturday that authorities did not have reason to believe there were ties to

foreign terrorism.

Shortly after the explosion, a second bomb was discovered a few blocks from the blast on 27th Street. A wired-up pressure cooker with a cellphone attached as a detonator was found in a plastic bag on the sidewalk. Surveillance footage released later would show two scavengers discovering a suitcase containing the bomb, setting the bomb down, and making off with the rollaway luggage.

Attention briefly turned to a Tumblr blog claiming responsibility for the act on behalf of the LGBTQ community. The blog was removed and proved to be a red herring as the NYPD, FBI, ATF and state police pursued other leads.

Fingerprints taken from the pressure cooker led police to a more plausible suspect: Rahami, 28, an Afghanistan-born New Jersey man who was living and working at the location of a family-owned fried chicken restaurant on Elmora Street in Elizabeth.

Surveillance tape turned up clear images of Rahami at both West 23rd Street at 8:30 p.m. Saturday and on 27th Street.

Just before 9 p.m. on Sunday night, more bombs turned up, this time 500 feet from the Elizabeth train station, which also were found by

Suspected terrorist Ahmad Khan Rahami was taken into police custody after an exchange of gunfire Monday morning in Linden, New Jersey.

Metro has collected all the background information now known about Rahami:

- He was born in Afghanistan on Jan. 23, 1988.
- His last known address is in Elizabeth, New Jersey—where a backpack of pipe bombs was discovered on Sunday.
- Rahami's family operates a restaurant called First American Fried Chicken on Elmore Avenue in Elizabeth, and lives above the eatery.
- Last year, Rahami's father and brother sued the city of Elizabeth on grounds of ethnic discrimination because the city did not want them operating their restaurant 24 hours a day. A judge ruled in favor of the city, which required the restaurant to close at 10 p.m.
- Following the judge's ruling, Rahami's brother returned to Afghanistan.
- Rahami is said to have a passion for cars, especially those such as Honda Civics, which he souped up and raced, according to a neighbor.
- He was described as friendly, and would sometimes give free fried chicken to customers.
- He has reportedly made several trips to Afghanistan.

two scavengers searching in a trash can.

On Monday morning, Notify NYC, a cellphone alert system, was activated for the first time with the message "WANTED: Ahmad Khan Rahami, 28-year-old male. See media for pic. Call 9-1-1 if seen."

Following a cascade of details and widely circulated images of the suspect, a resident of Linden, New Jersey, alerted police that he the man he saw on CNN, Rahami, was sleeping in the vestibule of Murdie's Tavern in Linden.

Linden police closed in

on Rahami just after 11 a.m.. A bloody gunfight ensued as the suspect opened fire on the officers, injuring two, before he was hit and captured.

Video of the gunfight and images of Rahami being loaded into an ambulance went public within minutes of the skirmish.

Monday afternoon, after being operated on at Newark Hospital for his gunfight injuries, Rahami was charged with five counts of attempted murder and two gun charges. He currently awaits federal charges.



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# Mass. officials monitor attacks

State police are working to see if there is any connection to Massachusetts.

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Massachusetts officials are monitoring intelligence information from the recent attacks throughout the Northeast, according to state police.

The Commonwealth Fusion Center (CFC), which works in partnership with local, state and federal law enforcement agencies to collect and analyze intelligence related to terrorism, is monitoring the bombings in New York City and New Jersey, officials said.

The explosion in New York's Chelsea neighborhood Saturday night wounded 29 people. All have been treated and released from area hospi-

tals, officials said.

A pipe bomb also exploded nearby in New Jersey before a race Saturday morning and multiple bombs were found near an Elizabeth, New Jersey, train station on Sunday. Authorities now believe all three incidents are connected.

Late Monday morning, Ahmad Khan Rahami, a 28-year-old New Jersey resident, was in custody in connection with the bombings, after a brief manhunt. Officials believe that Rahami is the man seen in security surveillance footage recorded both near the explosion and on a nearby street where a pressure-cooker explosive device was discovered.

Rahami was wounded and captured following a shootout with Linden, New Jersey, police.

The FBI had also taken five individuals into custody in connection with the Chelsea bombing on Sunday.

"We're obviously



New York City Mayor Bill de Blasio (right), and New York Gov. Andrew Cuomo (center), stand in front of a mangled dumpster while touring the site of an explosion that occurred on Saturday night. GETTY IMAGES

in a heightened alert," Boston Police Commissioner William Evans said on Boston Herald Radio's morning show. "We have additional resources around all our transportation centers. Obviously the officers out and about are paying more attention, not only to their own safety but to what's going on in the

community."

The Chelsea explosion happened the same day that a man wounded nine people in a knife attack in a central Minnesota mall. He was a "soldier of the Islamic State," the militant group said on Sunday. The CFC is monitoring that incident as well.

Massachusetts State

Police and CFC partners are gathering all possible information from the FBI and state and local law enforcement from the attack jurisdictions. MBTA Transit Police are monitoring and analyzing the events and said no nexus to the T has been found.

"The safety of our riding public and employees is our No. 1 priority,"

transit police said. "We are on system and here for you."

Congresswoman Katherine Clark urged people to "be careful but also to carry on" after the bomb discoveries, according to State House News Service.

"Being from Boston, all of our hearts sunk when we heard about a bombing having to do with a pressure cooker," Clark told reporters before speaking to the New England Council on Monday. "It brought back so many painful memories from the Boston Marathon."

The Massachusetts State Police bomb squad has also been in touch with its counterparts in New York and New Jersey.

"We will continue to analyze that information to determine if it has any connection to Massachusetts," state police said. "As of this point, no nexus to Massachusetts has been found."

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The three firearms recovered in the incident on Saturday night. BPD NEWS

## Boston Police confiscate five illegal guns in seven hours

Cops investigated three separate incidents from Saturday night to early Sunday morning.



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@kristindakota  
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Boston police officers confiscated five guns within seven hours while arresting suspects on weapons charges during the weekend.

"The dedication and devotion of my officers never ceases to amaze me as they confront the daily dangers that come with protecting and serving the citizens of our fine city," Boston Police Commissioner William Evans said. "Taking five guns off the streets certainly makes the city a safer place while, hopefully, reducing the number of gun-related incidents we have to respond to as a result."

The first incident occurred at about 8:20 p.m. Saturday when members of the Youth Violence Strike Force were patrolling the area of Filler Street and Milton Avenue.

Officers saw a car with what appeared to be a window tint that

exceeds the legal level. While following the car, officers saw one of the passengers throw a piece of trash out the window.

Officers pulled over the vehicle after they said it initially refused to stop. While approaching the vehicle, the officers saw two of the occupants "duck out of sight for several seconds before returning to the seated position," according to police.

After frisking the occupants, officers said they seized a .380-caliber Sig Sauer P250 handgun found in one suspect's front pocket, a small silver firearm tucked into another suspect's left shoe and a firearm hidden in the vehicle's air vent.

Dequann Whyte, 24, of Boston, Patrick Ricketts, 24, of Mattapan, and Marcel Dixon, 24, of Norwood, were subsequently charged with unlawful possession of a firearm, unlawful possession of ammunition and carrying a loaded weapon.

The operator of the vehicle was issued a citation for littering, windows with excessive tint and failure to stop for a police officer.

At about 3:25 a.m. Sunday, officers made

a firearm arrest in the parking lot of the Jubilee Church on Blue Hill Avenue in Mattapan.

Officers spotted a parked car they say was linked to a person who was reported to be armed with a gun. They found Ronald Woods, 27, of Weymouth, asleep in the front seat and a back pack containing a loaded .40-caliber Astra A-75 handgun with an obliterated serial number.

Woods was charged with unlawful possession of a firearm, unlawful possession of ammunition, possession of a firearm with an altered serial number and trespassing.

Minutes later at 3:28 a.m., Dorchester officers made a firearm arrest after a car was stopped for a traffic infraction near 895 Dorchester Ave.

While talking with the driver, Angel Gonzalez, 27, of Roxbury, officers learned that the car was improperly registered, police said. The officers then allegedly found a loaded .380-caliber Lorcin Model L380 handgun underneath an empty child's car seat.

Gonzalez was charged with unlawful possession of a firearm and unlawful possession of ammunition.

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## Curious George store starts petition to stay in Harvard Square

The World's Only Curious George Store isn't giving up on staying in Harvard Square.

After news broke that the beloved Cambridge store was set to close due to development plans, the community has rallied to support the local business.

Store owner Adam Hirsch along with his whole Curious George team have launched a change.org petition that by Monday afternoon had already garnered more than 3,000 signatures in a few days.

"Our goal is to surpass 5,000 signatures. That's not a magic number but it feels like a large enough amount to show a critical mass of interest," Hirsch said. "We love being where we are, we love being in Harvard Square and we would love to remain as an ongoing viable children's retail entity somewhere in [the area]."

Hirsch as well as his team have already witnessed that interest. People have been flocking to the comments section of the Change.org petition as well, and those words mirror precisely what they've been hearing in the store, Hirsch said.

"I believe in the unique shops that aid [sic] wonder to life and bring joy to children of all ages," one comment read. "What a shame



Cambridge Mayor E. Denise Simmons (left), store owner Adam Hirsch and state Rep. Marjorie Decker stand with Curious George. COURTESY OF ADAM HIRSCH

it would be to lose the magic this store has to offer."

"As a former Boston resident and a former employee of the store I can attest to what a tremendous place this is for the surrounding community," said another. "I will always fight to protect bookstores because they are my happy place, but this store in particular provides a haven for kids in the area and a place that celebrates reading, learning and fun."

The Curious George store became threatened after real estate developer Equity One announced plans to build a three-story mall in the space and replace the store with a stairwell and elevator.

The store isn't in im-

mediate danger of closing, Hirsch noted — it will remain at its location at least through the summer of 2017 and mostly likely to the end of that year, he said — "but in retail terms that isn't a long time so we need to be planning."

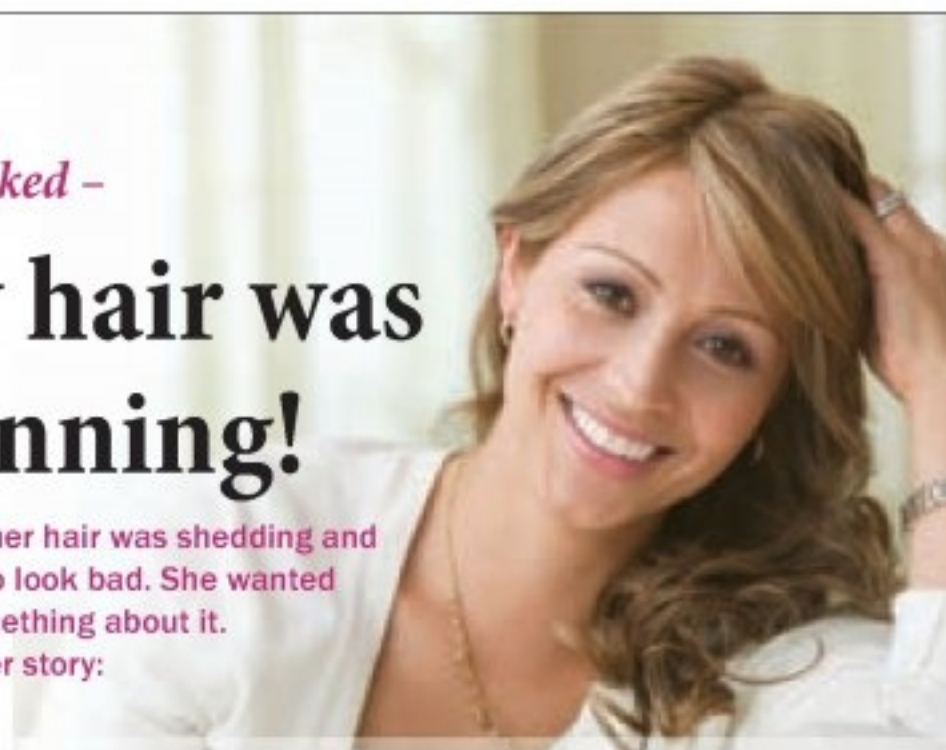
Hirsch said that the goal of the petition isn't to "demand" that the store stays exactly where it is but that they show how important the retailer is to the Harvard Square area.

"If I could say we got over 5,000 signatures in less than two weeks, I think that's a powerful message to the city of Cambridge, Harvard University and other influencers of the square," he said. KRISTIN TOUSSAINT

*I panicked —*

## My hair was thinning!

Amy felt her hair was shedding and starting to look bad. She wanted to do something about it. Here is her story:



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## Worst dressed at the 2016 Emmy Awards

This Versace gown isn't bad, it's just a little blah for the vivacious Sofia Vergara.



Maybe a sleek up do would have helped Kelly Preston look less "country-fair."

Pamella Roland's green beaded gown is a little too "mother of the bride" for spunky Amy Poehler.

There's just too much going on with Heidi Klum's shimmering cut out, high-slit Michael Kors gown.

Claire Danes' gold Schiaparelli gown is gorg, but her orange spray tan is killing us.

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## Anthony Bourdain and wife of nine years call it quits

World-renowned chef, bestselling author and star of "Parts Unknown" Anthony Bourdain and his wife of nine years, Ottavia Busia, have split. Lucky for Bourdain, the breakup was amicable — we would not want to mess with Busia, an MMA fighter, aka, certifiable bad-ass.

In a statement to Page Six, Busia said Bourdain's "Parts Unknown" work schedule, which has him traveling all over the world to film his culinary adventures, strained the relationship.

"Because of professional decisions we have both made, my husband and I have been for years in an unconventional relationship. Nothing has changed. We love each other."

Hmm, is this is



ALL PHOTOS GETTY IMAGES

another instance of celebrity conscious uncoupling?

The couple married in 2007 and

have a 9-year-old daughter. Bourdain has not commented on the split.

the word

## Fans upset by Christina Grimmie's absence from Emmy memorial

Intended to honor those in the entertainment industry gone too soon, this year's Emmys "In Memoriam" segment, instead, ignited a wave of fury. While photos of Natalie Cole, David Bowie and Prince beamed across the big screen amid Tori Kelly's rendition of "Hallelujah," fans of the late musician Christina Grimmie grew



upset as "The Voice" star wasn't included in the reel. The 22-year-old was killed by a deranged fan

outside a concert in

June. "The Voice" collected its trophy for Best Reality Competition Show, further upsetting the star's fans, who later turned to Twitter to unleash their disapproval.

"Considering the number of other singers in the #Emmys in memoriam...where was Christina Grimmie?" one fan wrote, while another commented, "So the #Emmys left Christina Grimmie out of the 'In Memoriam' segment yet The Voice just won an Emmy tonight. Something ain't right here."

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# He knew when they were Fab

Longtime reporter Larry Kane talks about his time on tour with The Beatles.



MATT PRIGGE  
@mattprigge  
matt.prigge@metro.us

Larry Kane may not be a contender for the "fifth Beatle," but he's a mighty figure in Fab Four lore all the same. The longtime reporter and news anchor — currently the host of "Voice of Reason" on Comcast out of Philadelphia — has the distinction of being the only broadcast journalist John, Paul, George and Ringo allowed to travel with them on every stop of their tours in 1964 and 1965. Kane is among the most prominent talking heads in "The Beatles: Eight Days a Week — The Touring Years," a new documentary by Ron Howard that, true to its title, only covers the period of their hectic live schedule — a period so hectic indeed that, in 1966, they called a stop to touring so they could solely create music in the studio.

**How did you get The Beatles to trust you?**  
Very easily. Most of the other reporters, the adult report-



Larry Kane  
GETTY IMAGES



Ringo, George, Paul and John, seen chilling in a hotel in Sweden circa 1963, get a new documentary, "The Beatles: Eight Days a Week — The Touring Years," now in theaters. APPLE CORPS LTD.

ers really despised them. They would ask them questions like, "What do you eat for breakfast? Did you shower today? Do you wash your hair? Is your hair real? What kind of hemline do you like on a woman?" I basically asked them questions about what happened in the concert, about the reactions of the fans, about the war in Vietnam, about racial discrimination. I knew right away that they were intellectually curious. By asking them these questions and getting involved in a deep sense, I was able to show the world that they had tremendous intellectual curiosity. They liked that. One time I asked them if they had teenage daughters who would let them come to the concerts. And each of them said, "Absolutely not, it'd be too dangerous."

**It's interesting to contrast what you see of them here — and in documentaries like the Maysles brothers' "What's Happening! The Beatles in the U.S.A." — with "A Hard Day's Night," which is a more heightened and fictionalized version of them.**  
I saw that movie for the first time with them, at the Shelburne

Hotel in Atlantic City. Somebody brought up a bunch of cheesesteaks and popcorn, and they had a guy come up with a big 35 mm camera and showed the movie on a screen. I was able to talk to them. They were very uncomfortable looking at themselves.

**This movie shows how draining and relentless their touring schedule was. You can see why they'd want to stop it entirely and retire to the studio. Did you get a sense of how they were able to earmark bits of time in the early days to actually write their songs?**

I was on the plane when they were writing "Eight Days a Week." They had a tape recorder in the back, and they were playing the beginning of the song. I told them I thought the beginning was a little too slow. Now, I know as much about music as an electrician knows about brain surgery. But that was just my opinion. If they took my advice, then it really should be Lennon-McCartney-Kane on that song.

**You stayed in touch with them after they broke up, too.**

In the 1960s or 1970s — or maybe into the early part of the 1980s, too — they did not know they were going to become the iconic band they are today. They just didn't know. I had a conversation with John in 1978 and I said, "What music are you listening to these days?" And he said, "The Beatles." He said, "I collect

a lot of Beatles material, because I think they were a good band. I think our music was much better than I thought it was." It was interesting to hear him say that. Paul and I had a long conversation last night. He said something along the lines of "We all thought we could do better."

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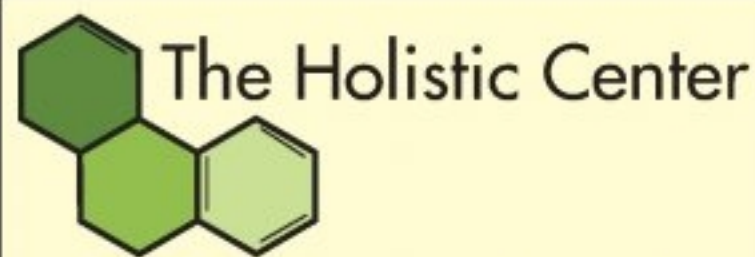
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Applicants should submit a PDF file of their curriculum vitae and 2-3 page description of their research interests and future research plans, sent directly to the [Mark.A.Milam@Dartmouth.edu](mailto:Mark.A.Milam@Dartmouth.edu) and addressed to Chair of the Search Committee, Dr. Lisa A. Marsch, Ph.D. Review of applications will begin November 1, 2016 and continue until the position is filled.





Callie Hernandez plays one of six people who head deep into the woods for the sequel "Blair Witch." CHRIS HEICERMANAS-BENGE



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The makers of the belated sequel to the found-footage classic talk about bringing it into the now.



MATT PRIGGE  
@mattprigge  
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It's no easy task crafting a belated sequel to "The Blair Witch Project," the mother of all found-footage horror movies. But, according to the makers of the new "Blair Witch," it's not easy crafting any found-footage film.

Director Adam Wingard and writer Simon Barrett have done found footage before, in their shorts for the "V/H/S" omnibus series. Since then they've collaborated on a horror-comedy ("You're Next") and a highly stylized thriller that's also funny ("The Guest"). Returning to the genre, and making a film that both respects the original and tries to be its own thing, was a challenge they were up for.

**If you're making a "Blair Witch" movie in 2016, one thing you have**

# How to make a

**to show is how much technology and how we record video has changed since 1999.**

**Adam Wingard:** Every year that goes around everyone asks, "Do you think found footage is going to go away? Is it a fad?" I don't think it will ever go away. As technology advances, there's going to be new and inspirational ways of creating found-footage stories. Fifteen years ago Skype didn't exist, and now it does. That's a new facet that's being explored in the found-footage subgenre.

**Simon, tell me about the art of writing a found-footage film, which needs to feel real and raw but also needs a structure. How specific would you be in your writing?**

**Simon Barrett:** The way they made the first film feel like authentic found footage is they more or less had the actors go into the woods and improvise all their dialogue. Adam

and I knew from the start that we wanted to do a much more technical, fast-paced thrill ride of a film. We didn't want to imitate what the first one does, because the first one does it perfectly. Our challenge was about being respectful to the first film's legacy while expanding upon its mythology. I was trying to write dialogue that had a natural quality to it. The actors were encouraged to improvise, but usually it was based on something that was written.

**What tricks did you use to keep the actors looking believably scared?**

**Wingard:** In a movie like this, it's less about showing you scary things than showing people being scared. What I think is the climax of pure terror is the scene where [actress] Callie Hernandez climbs through the tunnel. For that sequence to work you have to build a reality with the actors. So we built this 60-foot-long tun-

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# 'Blair Witch' for 2016

nel that was measured just barely to fit past her shoulder length. Her claustrophobia is real.

**You do have a few jump scares.**

**Wingard:** Sometimes people use the term "cheap jump scares." But there's no such thing. They are very technical and difficult to achieve. There's nothing cheap about them. To get those moments to work you have to not just have the scare but the characters' reactions. You jump because you see them jump. With the loud noises, the way I achieved them was I had a collection of air horns that I jokingly called my "scare horns." I can pick and choose moments where I want something big to happen onscreen, and just by pushing the button on the air horn I can scare the bejesus out of them. Their reactions are authentic and very real.



Simon Barrett and Adam Wingard  
GETTY IMAGES



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# Back to reality

Quick tips for self-care and stress relief as summer turns to fall.



KATE MOONEY  
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Whether you're headed back to school or just a more intense work schedule (RIP, summer Fridays), the summer-to-fall transition can be a rude awakening. For many, the change in the seasons not only ushers in shorter days and colder temperatures, but also extra responsibilities. It's easy to feel relaxed when you're lounging on the beach or sipping a bloody mary on a sunny afternoon, but managing stress on a 12-hour work day is another story.

Because taking care

of basic health needs like getting enough sleep and exercising can be overwhelming for busy rat-racers, we reached out to Anna Goldstein, a business and life coach based in NYC, and Isaac Alston, founder of Paradigm Life Coaching in Philadelphia, who both have plenty of tips on how to take care of yourself when you're pressed for time and overloaded with stress.

## Take a breather

While you might not have time for a daily 90-minute yoga class, there are small steps you can take to recenter yourself. Goldstein recommends taking deep breaths through your nose and exhaling through your mouth about three times an hour.



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Apps like Headspace offer brief guided meditations — all you need is five minutes and a pair of headphones. The Five Minute Journal app prompts you to express what you're grateful for — which can inspire a positive outlook for the rest of the day.

During times of high stress, Alston recommends five-minute breaks of what he calls guided imagery where you picture yourself completing a goal. "Set your goal, imagine fully the experience, take a breath and dive in," he says.

When you return to the present, you'll feel more energized.

## Workout at your desk

Getting to the gym can be a whole thing. When you're stuck at the office, here are a few ways you can stretch out and burn some calories.

"Sit on a stability ball instead of a regular chair. You'll need to actively engage your core to remain balanced and keep from falling off," Goldstein says.

For a dual stress

release and strengthening exercise, Alston recommends taking a stress ball and squeezing it while focusing on "all the confusing and particularly stressful things that are happening in your life." It will help you let go of pent-up frustrations.

Don't forget to move your legs. You can always take the stairs instead of the elevator, Goldstein says, or walk a couple quick laps around the building.

## Get some rest

We all ideally would

like to get eight hours of sleep. With so much to get done and so much on our minds, it can be a real effort to turn off our brains and really commit to rest mode.

"Dim the lights and prepare your body for sleep an hour before bedtime," Goldstein says. She recommends lighting a candle to create a sense of calm or filling an aromatherapy diffuser with lavender essential oil, which she says can function as an anti-anxiety.

Journaling before bed can also help rid the mind of racing thoughts.

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# How Gen Z learns

For the first time, the entire generation heading back to school is Gen Z.



SARA FEINSTEIN  
@MetroBOS  
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Born between 1995 and 2012, Generation Z is the first generation to grow up with the internet and social media at their fingertips. But how does technology and access to information affect their ability to learn and communicate?

We spoke to Gen Z expert David Stillman to find out the learning habits of the most plugged-in generation.

## How has technology affected Generation Z's work habits?

Too often what we do is judge how they get their work done. Sure they might study a little bit, jump on social media and then just back to studying. At the end of

the day we need to look at performance. If these kids are performing well, I'm not sure that's such a bad thing. What you find on social media is that they might look to their friends and close colleagues as experts — and that's a problem. This access to information — being able to collaborate with a network beyond those sitting next to them at the desk and the fact that they're getting information in real time — is all great, provided that there are teachers and parents helping them sift through, prioritize and validate that information.

## So supervisors are really that crucial for this generation?

The mistake that [the generation] keeps making is that they have all access to all of this information, so they don't need [supervisors]. It's really changed the role of a teacher. It used to be the teacher was in front of the room, he and she had all of the

information and then disseminated that information out. The modern approach is now called "guide on the side." That means they've got their technology and tools, and then teachers and parents sit on the side helping them navigate through their information.

## Does the fact that they can find information so quickly take away from its value?

They expect information instantaneously because they've always been able to get it. What concerns me is that they do a search, and sometimes just click on the number one thing that shows up on Google. They need parents to help them sift through. Maybe the answer is four lines down or on page two, which they never go to. It opens up the door for the need to really be mentored.

## How can we encourage Gen Z to dig deeper?

It comes down to mentor-



Generation Z is the most plugged-in generation. ISTOCK

ing them on the validity of information. Getting the information the quickest doesn't mean it's the best. As they enter college, everyone's going to want their best work.

## Speaking of entering the workforce, do you think workplace policies for future Gen Z employees will include more technologically advanced offices?

We have to look historically at what happened. When Generation

X showed up to the workplace, they were pushing for access to the internet, and workplaces were thinking, "I don't want people online." Well, people couldn't get work done without the internet. Same thing with millennials: they showed up and they were pushing for access to Facebook. Workplaces again were not sure if they wanted to be doing that. Now, most workplaces have a full-time position in charge of

social media. With any new generation, they're going to bring technology. People are going to resist it and then we'll figure out a way for it to find its way into the workplace. [Technology expert] Don Tapscott has one of my favorite quotes. He said, "For the first time in history, children are an authority on something that's really important." Technology, social media — the ones that are going to lead the way is Generation Z.

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## Girls Who Code expands free club program to all 50 states

Girls Who Code, the national nonprofit devoted to closing the gender gap in technology, will expand its free after-school club program nationwide in the hopes of reaching 40,000 girls across the country by the end of the academic year.

Designed for sixth to 12th grade students, the clubs aim to empower girls to break into the male-dominated profession while teaching them to use computer science for the good of their community.

"Well before college, young girls have begun to opt out of computer science," said Girls Who Code founder and CEO Reshma Saujani. "One of the reasons is that students don't have the opportunity to explore computer science before college. They see 'brogrammers' — guys in hoodies coding out of their basements —



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in the media and think 'that's not for me' before they've even had the chance to try. Our clubs model allows for girls across the country to learn to code early and see how they can use it to make a difference in their lives and the lives of others."

What began in 2012 as one program for 20 girls in New York City has grown into a national sisterhood of peers

and role models, 65 percent of whom attribute their decision to major in computer science to the program. Girls Who Code has partnered with 60 companies to provide internships and jobs to its alumnae — another step toward its goal of broadening the horizon for the next generation of female engineers.

To sign up for a club near you, visit [girlswhocode.com](http://girlswhocode.com). SARA FEINSTEIN



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*Kevin R. Powers, J.D., is the Founding Director for the Master of Science in Cybersecurity Policy & Governance at Boston College. With a combined 20 years of law enforcement, military, national security, business, and teaching experience, Kevin has worked as an analyst and an attorney for the U.S. Department of Justice, U.S. Navy, U.S. Department of Defense, prestigious law firms in Boston and Washington, D.C., and as the General Counsel for an international software company. Kevin regularly provides expert commentary regarding cybersecurity and national security issues for varying local, national, and international media outlets.*

Below, Kevin provides an overview of BC's Cybersecurity Policy & Governance Program via this Q&A:

#### What are the program's defining characteristics?

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# Cambridge College

## Important news for those planning a career in mental health

### Changes to state licensure laws could significantly impact career plans for many

According to Niti Seth, Ed.D., Dean of the Cambridge College School of Psychology and Counseling (SOPC), recent mental health counseling licensure changes established by the Massachusetts Board of Allied Mental Health have the potential to significantly impact many who may be planning careers in this fast-growing field.

"After July 1, 2017, students who have completed a less-than-60 credit qualifying Master's degree in Counseling Psychology, Psychological Studies or School Guidance Counseling, for example, will no longer have the opportunity to pair those degrees with post-graduate coursework to be eligible for licensure," says Dr. Seth. "Whereas right now, they are eligible."

However, there is still time for students with a less-than-60 credit qualifying Master's degree to take advantage of this opportunity to receive their licensure under existing rules by enrolling in a Cambridge College Certificate of Advanced Graduate Studies (CAGS) program or other Post-

master's certificate program by summer 2017.

"If you are looking to enter a program of study to fulfill course requirements for mental health counseling licensure -- such as Cambridge College's School of Psychology and Counseling CAGS or other Post-master's certificate programs -- your window of opportunity is closing," says Seth. "Those entering after July 1, 2017 will be required to complete a full 60 credit program, even those who have already completed a less-than-60 credit Master's degree."

There are three semesters left before the new rules take effect with Cambridge College courses starting in the Fall 2016, Spring 2017 and Summer 2017 semesters.

For more information, contact Megan Lawler, SOPC Admissions Counselor at 617-873-0254 or [megan.lawler@cambridgecollege.edu](mailto:megan.lawler@cambridgecollege.edu). Lawler is available to answer questions and to help you enroll into a license qualifying program before the July 1, 2017 deadline.



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# GAROPPOLO TRADE NOW IN PLAY

## MATT BURKE

### OPINION

Matt Burke is the National Sports Editor and a columnist at Metro US.

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*"Showmanship, George. When you hit that high note, you say good night and walk off." — Jerry Seinfeld to George Costanza*

Jimmy Garoppolo hit that high note and then some in the five and a half quarters of football he played this season. He certainly didn't plan to exit Gillette stage left so soon, but the untimely injury could ultimately be timely and beneficial to both Garoppolo and the Patriots in the long term.

Earlier this month, the Vikings — a franchise wholly desperate to go deep into the postseason for once — gave up a first round and fourth round pick in exchange for career disappointment Sam Bradford. It was seen as a massive overpay for Bradford, who had not exactly lit the world on fire in St. Louis and Philadelphia.

Bradford did look like a world-



Jimmy Garoppolo's durability should be called into question. BOSTON GLOBE VIA GETTY IMAGES

beater on Sunday night against Green Bay, completing 21-of-31 passes for 286 yards and two touchdowns for a 121.2 passer rating. So maybe the Vikings made the correct decision after all. But, prior to Sunday night's game, Bradford was regarded as maybe the 27th or 28th "best" quarterback in football — and the Vikings still had to give up a first

rounder.

At this moment, injured and everything, Garoppolo has to be regarded as a top 15 QB in the league. He might even be a top 10 guy given how bad the QB position currently is in the NFL. The guy looked like Aaron Friggin' Rodgers in the first quarter against the Dolphins, and that's why some team will bite

on Garoppolo if the Pats dangle him. He is simply oozing with potential.

The great news for the Pats is that the payoff should be high. There's no reason why they can't get a first round pick (and more) if they decide to ride out the next four years or so with Señor G.O.A.T. (not the worst plan in the world).

The Pats might even decide to do this sooner rather than later. Hell, what would a team like the Chiefs pay for Garoppolo if Alex Smith tore his ACL next week?

### So, should they trade him?

It's just so odd the way this whole thing is playing out.

The Pats' offense literally did not miss a beat with Garoppolo under center, so the conventional wisdom says that the Pats have finally found that successor to Tom Brady and they should keep him around. But Bill Belichick is football's ultimate opportunist and he will not see much sense in keeping two of the league's top 15 quarterbacks on the same roster for too long.

Now, the biggest knock on Garoppolo moving forward is his durability. It's absolutely alarming that the guy suffered a significant injury just two games into his career. In Week 1 in Arizona, too, there were a few hits that he took — one in which the back of his head bounced off the Glendale turf — that made you wonder whether or not he was sturdy enough for this league.

One of Brady's most underrated qualities is that, like a pro wrestling veteran, he knows how to land right. Brady played in all 16 regular season games each year from 2002-07 and from 2009-15. He suffered that torn ACL in Week 1 in 2008, but his overall track record when it comes to health is immaculate.

That's another advantage to being immobile like Brady. When you're just taking three steps backwards and slinging it over and over again instead of rolling out, looking for daylight, and trying to cut the field in half — there's much less of a chance for injury.

So once again, the Patriots' best path to success now and in the next few years wholly involves Tom Brady. He initially got the job as QB of the NEP because of injury. He'll likely get to keep it thanks to injury as well.

## Buchholz the No. 3 starter for Sox in playoffs?

As the postseason seems more and more likely for the Red Sox, there are a few roster questions that will need to be decided between now and the first week of October.

Who will the second catcher be? Who will be in the bullpen? And — perhaps most up for grabs — who will be the No. 3 starter?

Rick Porcello and David Price will be the Nos. 1 and 2 starters for sure, but it's still unclear who would start a potential Game 3. It comes down to Eduardo Rodriguez, Drew Pomeranz and Clay Buchholz. And right now, if the playoffs started today, Buchholz should get the ball.

It's been a roller coaster of a season for the right-hander as this is his fourth stint in the starting rotation, but he's pitching the best he has at any point in the year.

On Friday, Buchholz gave up two runs over six innings against the Yankees and that came after he allowed one run over 6 2/3 innings against the Padres on Sept. 6. Prior to the Padres start, he allowed one earned run in each of his prior two starts, so he's been solid as a starter for well over a month. Over his last five starts he has an ERA of 3.94, which includes the six runs over three innings against the Blue Jays.

With the injury to Steven Wright, Buchholz's run couldn't have come at a better time.

"I don't know that you can place a true value on it. He's come up big," manager John Farrell said. "With the exception of one start, he's been six innings and low runs, even no runs allowed. He looks comfortable on the mound. The pitching from the stretch has been a major adjustment for him to allow for some consistency, particularly with men on base."

Besides Buchholz, none of the other two are pitching like they're deserving of a potential Game 3 start. Rodriguez

couldn't make it out of the third inning in his last outing, and over his last four starts he has an ERA of 4.57. Pomeranz is on a pitch limit given his career-high number of innings, so while he's been effective besides his last start (five runs in two innings), he could be hard to depend on in the postseason.

So while Red Sox fans may not like it, or agree with it, given Buchholz finding his groove at the right time, his past playoff experience and the performances from the other starting pitchers, Buchholz should be the guy to follow Price and Porcello in October.

RYAN HANNABLE



Clay Buchholz may be in line for the No. 3 spot in the Sox' rotation. GETTY IMAGES



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Unit 018	McGrath, Christopher	Boxes, Bags, Totes, Misc.
Unit 022	Bowker, Kevin	Boxes, Bags, Totes, Misc.
Unit 043	Bergdoll, Jeanne	Boxes, Bags, Totes, Misc.
Unit 060	Callahan, Walter	Boxes, Bags, Totes, Misc.
Unit 063	Julien, Jean-Michel	Boxes, Bags, Totes, Misc.
Unit 103	Fields, Ella	Boxes, Bags, Totes, Misc.
Unit 138	Slater Gettelle, Maria	Boxes, Bags, Totes, Misc.
Unit 143	Devine, Tim	Boxes, Bags, Totes, Misc.
Unit 149	Norzeus, Immacucla	Boxes, Bags, Totes, Misc.
Unit 160	Butz, Andrew	Boxes, Bags, Totes, Misc.
Unit 185A	Stallings, Corey	Boxes, Bags, Totes, Misc.
Unit 186	Blakley, Charles	Boxes, Bags, Totes, Misc.
Unit 187	Joseph, Marie	Boxes, Bags, Totes, Misc.
Unit 197	Barnes, Catherine	Boxes, Bags, Totes, Misc.
Unit 219	Averett, Jennifer	Boxes, Bags, Totes, Misc.
Unit 284	Fitzpatrick, John	Boxes, Bags, Totes, Misc.
Unit 285	Phillips, Mekiesha	Boxes, Bags, Totes, Misc.
Unit 304	Jordan, Victoria	Boxes, Bags, Totes, Misc.
Unit 322	Michel, Melissa	Boxes, Bags, Totes, Misc.
Unit 344	Badessa, Stephen	Boxes, Bags, Totes, Misc.
Unit 408	Jordan, Victoria	Boxes, Bags, Totes, Misc.
Unit 415	Lawson, Shawn	Boxes, Bags, Totes, Misc.
Unit 430	Mauras, Giovanni	Boxes, Bags, Totes, Misc.
Unit 435	Scott, Maritza	Boxes, Bags, Totes, Misc.
Unit 452	Powell, Sophia	Boxes, Bags, Totes, Misc.
Unit 465	Laporta, Franco	Boxes, Bags, Totes, Misc.
Unit 469	Gilmere, Leotta	Boxes, Bags, Totes, Misc.
Unit 515	Montrond, Melissa	Boxes, Bags, Totes, Misc.
Unit 522	Morales, Prince	Boxes, Bags, Totes, Misc.
Unit 548	Sunrise Senior Living	Boxes, Bags, Totes, Misc.
Unit 601	Niles, Gregory	Boxes, Bags, Totes, Misc.
Unit 617	Pauls, Edith	Boxes, Bags, Totes, Misc.
Unit 618	Gomes, Jennifer	Boxes, Bags, Totes, Misc.
Unit 623	Pauls, Edith	Boxes, Bags, Totes, Misc.
Unit 651	Fitzpatrick, John	Boxes, Bags, Totes, Misc.
Unit 667	Kangethe, David	Boxes, Bags, Totes, Misc.
Unit 724	Sheffey, Joel	Boxes, Bags, Totes, Misc.
Unit 735	Croxen, Lori	Boxes, Bags, Totes, Misc.

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGE CO, INC. reserves the right to withdraw units from sale and to cancel auction without further notice. Kerilyn Ross, agent for owners. Notice posted September 13th and September 20th 2016.

**NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE**

By virtue and in execution of the Power of Sale contained in a certain mortgage given by David R. Soares to Mortgage Electronic Registration Systems, Inc. as nominee for Countrywide Home Loans, Inc. dated June 18, 2003, recorded with the Middlesex County (Southern District) Registry of Deeds in Book 39728, Page 257, said mortgage was then assigned to SAC Home Loans Servicing, LP FRA Countrywide Home Loans Servicing, LP by virtue of an assignment dated June 6, 2011, and recorded in Book 59954, at Page 267, and further assigned to Nationalstar Mortgage LLC by virtue of an assignment dated January 22, 2015, and recorded in Book 14820, at Page 404, and further assigned to of which mortgage the undersigned is the present holder for breach of conditions of said mortgage and for the purpose of foreclosing the same will be sold at PUBLIC AUCTION at 10:00 AM on October 4, 2016, on the mortgaged premises. The entire mortgaged premises, all and singular, the premises as described in said mortgage:

A certain parcel of land with all buildings and structures now or hereafter standing or placed thereon situated in said Medford in the County of Middlesex in the Commonwealth of Massachusetts, being shown as Lots 8 and 9 on a plan made by J.L. Goodwin, Surveyor, recorded with Middlesex South District Deeds, Book of Plans 52 Plan 31 and together bounded and described as follows: WESTERLY by Walnut Street, one hundred eight and 6/100 (108.06) feet; NORTHERLY by land of owners unknown, one hundred one and 65/100 (101.65) feet; EASTERLY by Lot 7 on said plan, one hundred eight and 2/100 (108.02) feet; and SOUTHERLY by Emerson Street, one hundred twenty (120) feet. Said lots together containing, according to said plan, 77,867, square feet of land. For title reference see deed recorded with Middlesex South District Registry of Deeds, Book 34517, Page 369.

Subject to and with the benefit of easements, reservations, restrictions, and taking of record, if any, insofar as the same are now in force and applicable. In the event of any typographical error set forth herein in the legal description of the premises, the description as set forth and contained in the mortgage shall control by reference.

This property lies at the address of 18 Walnut Street, Medford, MA 02155. Together with all the improvements now or hereafter erected on the property and all easements, rights, appurtenances, rents, royalties, mineral, oil and gas rights and profits, water rights and stock and all fixtures now or hereafter a part of the property. All replacements and additions shall also be covered by this sale.

**TERMS OF SALE:** Said premises will be sold subject to any and all unpaid taxes and assessments, tax sales, tax liens and other municipal liens and water or sewer liens and State or County transfer fees, if any there are, and TEN THOUSAND DOLLARS (\$10,000.00) in cash or cashier's or certified check will be required to be paid by the purchaser at the time and place of the sale as a deposit and the balance in cash or cashier's or certified check will be due in thirty (30) days, at the offices of Doonan, Graves & Longoria, LLC, 100 Cummings Center, Suite 2250, Beverly, MA 01915, time being of the essence.

The Mortgagee reserves the right to postpone the sale to a later date by public proclamation at the time and date appointed for the sale and to further postpone at any adjourned sale date by public proclamation at the time and date appointed for the adjourned sale date.

The premises is to be sold subject to and with the benefit of all easements, restrictions, leases, tenancies, and rights of possession, building and zoning laws, encumbrances, condominium liens, if any and all other claims in the nature of liens, if any there be.

In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder, providing that said second highest bidder shall deposit with the Mortgagee's attorneys, DOONAN, GRAVES, & LONGORIA, LLC, 100 Cummings Center, Suite 2250, Beverly, MA 01915, the amount of the required deposit as set forth herein within three (3) business days after written notice of the default of the previous highest bidder and title shall be conveyed to the said second highest bidder within thirty (30) days of said written notice.

If the second highest bidder declines to purchase the within described property, the Mortgagee reserves the right to purchase the within described property at the amount bid by the second highest bidder.

The foreclosure deed and the consideration paid by the successful bidder shall be held in escrow by DOONAN, GRAVES, & LONGORIA, LLC, hereinafter called the "Escrow Agent" until the deed shall be released from escrow to the successful bidder at the same time as the consideration is released to the Mortgagee, thirty (30) days after the date of sale, whereupon all obligations of the Escrow Agent shall be deemed to have been properly fulfilled and the Escrow Agent shall be discharged. Other terms to be announced at the sale.

Dated: August 19, 2016  
Nationalstar Mortgage LLC By:  
Brian C. Linahan, Esq.,  
DOONAN, GRAVES, & LONGORIA, LLC  
100 Cummings Center, Suite 2250 Beverly, MA 01915  
(978) 921-2670 [www.dgandl.com](http://www.dgandl.com)  
25511.67 (S04RES)

September 6, 2016, September 13, 2016, September 20, 2016

**PS ORANGE CO, INC.  
NOTICE OF PUBLIC AUCTION**

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 9/28/2016 at PS ORANGE CO, Inc., 2030 Main St. Brockton, MA 02301. The personal goods stored therein by the below named occupant (s):

Unit A001	James, Ronald	Boxes, Bags, Totes, Misc.
Unit A022	Waite, Kimberly	Boxes, Bags, Totes, Misc.
Unit B038	Hicks, Ann	Boxes, Bags, Totes, Misc.
Unit B050	Pires, Sheena	Boxes, Bags, Totes, Misc.
Unit B062	Nicholson, Neysa	Boxes, Bags, Totes, Misc.
Unit C084	Lagarde, Louis	Boxes, Bags, Totes, Misc.
Unit C093	Kelowe, Denise	Boxes, Bags, Totes, Misc.
Unit C108	Howard JR, Thomas	Boxes, Bags, Totes, Misc.
Unit C117	Tidd, Michael	Boxes, Bags, Totes, Misc.
Unit C123	Dinkins, Wendy	Boxes, Bags, Totes, Misc.
Unit C147	Montgomery, Laura	Boxes, Bags, Totes, Misc.
Unit C183	O'neil, Paul	Boxes, Bags, Totes, Misc.
Unit C185	Ramos, Tatiana	Boxes, Bags, Totes, Misc.
Unit C188	Emile, Jean	Boxes, Bags, Totes, Misc.
Unit C215	Flanagan, Jennifer	Boxes, Bags, Totes, Misc.
Unit D230	Semedo, Alice	Boxes, Bags, Totes, Misc.
Unit D236	Murphy, Allen	Boxes, Bags, Totes, Misc.
Unit D237	Almeida, Lynnette	Boxes, Bags, Totes, Misc.
Unit D239	Molin, Emmanuel	Boxes, Bags, Totes, Misc.
Unit D241	Phanuef, Maureen	Boxes, Bags, Totes, Misc.
Unit D322	Jarvio, Jason	Boxes, Bags, Totes, Misc.
Unit D335	Flanagan, Patricia	Boxes, Bags, Totes, Misc.
Unit D338	Lagarde, Louis	Boxes, Bags, Totes, Misc.
Unit D344	Pearce, Catherine	Boxes, Bags, Totes, Misc.
Unit E348	Mcneil, Tramont	Boxes, Bags, Totes, Misc.
Unit E364	Medina, Evelyn	Boxes, Bags, Totes, Misc.
Unit E365	Rogers, Laurie	Boxes, Bags, Totes, Misc.
Unit E417	DeChristopher, Mike	Boxes, Bags, Totes, Misc.

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### Across

- 1 Made like a goose
- 7 Position
- 10 Invitation letters
- 14 Cling
- 15 Stretchy bandage
- 16 Vulcan's forge
- 17 Ms. Rubinstein
- 18 Fan's shout
- 19 Average guys
- 20 Kind of creel (2 wds.)
- 23 Violin holders
- 26 Lion's quarters
- 27 Type of spruce
- 28 Bahrain VIP
- 29 Strong soap
- 30 Insect resin
- 31 Chaney of cinema
- 32 CB radio knob
- 33 Malodorous one
- 37 Joule fraction
- 38 Hole puncher
- 39 Banking convenience
- 40 That woman
- 41 Bugs in a garage
- 43 Urban transport
- 44 Great Lakes cargo
- 45 Put out of sight
- 46 Hirt and Gore
- 47 Orient
- 48 Delhi attire
- 51 Dallas sch.
- 52 Driving hazard

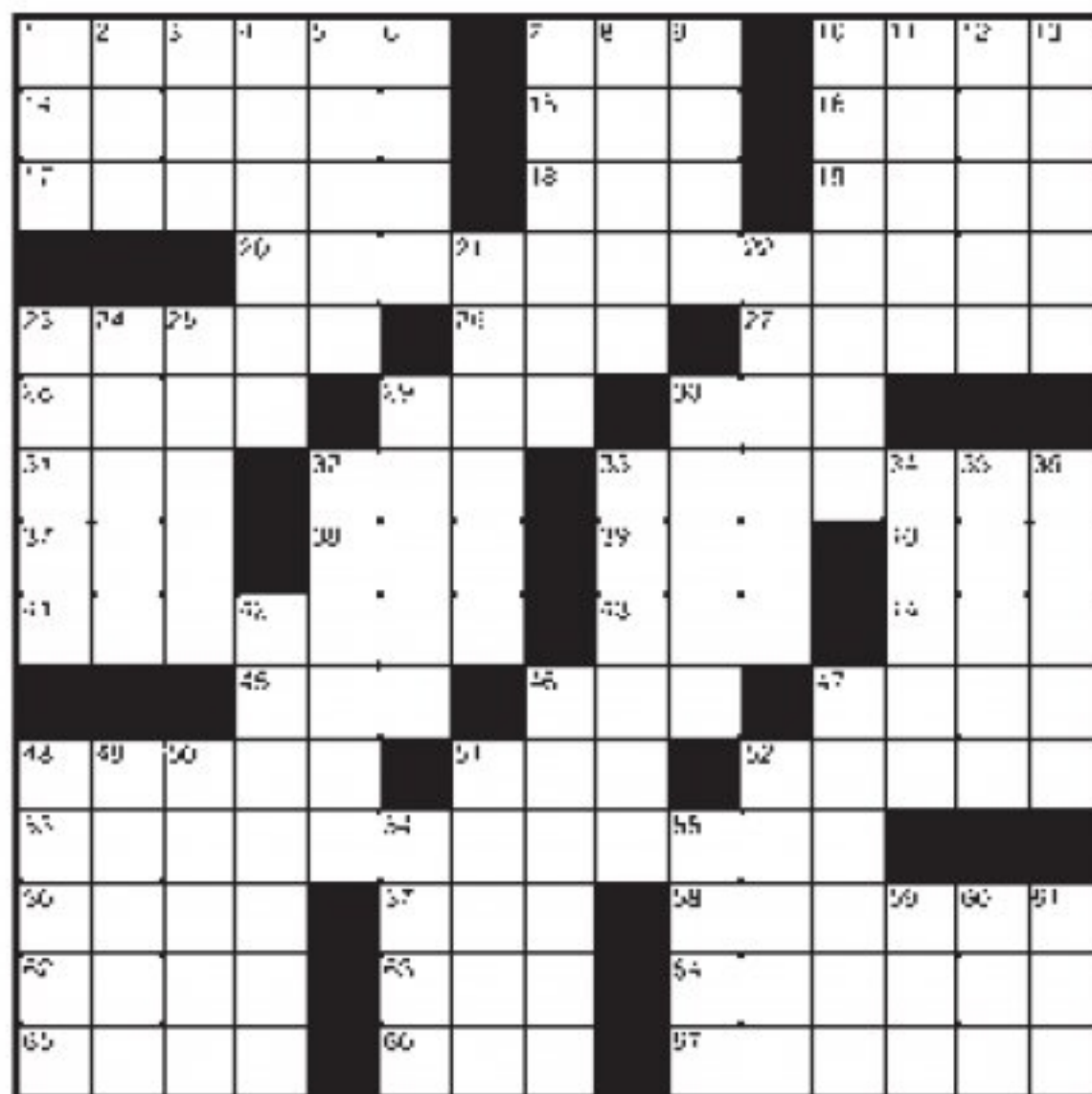
- 53 Zinc, e.g. (2 wds.)
- 56 Estrada or Satie
- 57 Delivery truck
- 58 Eucalyptus munchers
- 62 Back the wrong horse
- 63 -- take forever!
- 64 List of typos
- 65 Basin companion
- 66 Guitarist -- Paul
- 67 Mississippi explorer (2 wds.)

### Down

- 1 Derisive snort
- 2 Work by Keats
- 3 Red Wings org.

- 4 Zoo employee
- 5 Coastal fliers
- 6 Real bargain
- 7 Local booster
- 8 Globe feature
- 9 Burrito morsel
- 10 Be of good cheer
- 11 Dark ale
- 12 Sweater style (hyph.)
- 13 Harem head, once
- 21 Shipboard romances
- 22 Choir selections
- 23 "People" person
- 24 Love in a gondola
- 25 Char
- 29 Bellowed
- 30 Name in spreadsheets
- 32 Gladstone
- 33 Mush
- 34 Opted for
- 35 Cliffside refuge
- 36 Buy a round
- 42 More dense, as fog
- 46 Revises
- 47 Hitching posts?
- 48 Stone monument
- 49 Crossbow bolt
- 50 Elevate
- 51 Metamorphosed shale
- 52 Saw logs
- 54 Worse than bad
- 55 Just scraped by
- 59 -- Tzu
- 60 Legal rep
- 61 -- Paulo

## metro.us/crossword



## metro.us/sudoku

easy

4			3	7				
9		6	2		1	7		
		8					3	2
2							5	
	7	4		6		8	2	
	8							4
6	9					5		
		5	8		4	1		7
				1	6			3

hard

		6	2				1	4
	9		1	3	4	7		
	3		6	1				7
8	5						9	3
7				5	9		2	
		9	5	7	3		4	
5	2				6	3		

## metro.us/horoscopes



**Aries** Send out your resume and set up interviews or appointments that will help you advance. Expanding your interests will improve your marketability.



**Taurus** You'll leave a lasting impression on someone you work with if you share your thoughts and ideas. Your frank and practical approach to life will pay off.



**Gemini** You must keep secrets, or someone will reveal information about you. Focus on the positive changes you can make to bring you closer to a loved one.



**Cancer** Working toward a common goal with someone you enjoy being with will help ease a stressful situation. Don't give up on someone who has been unpredictable lately.



**Leo** Stay focused on the big picture. Don't allow emotionally fraught situations to interfere with your professional progress.



**Virgo** Assess your situation and make a move. Sitting idle will be costly. Make your intentions clear and start the process of following through on them.



**Libra** Take a closer look at your financial situation and go over your spending habits and overall budget. Be responsible for your health, wealth and emotional attitude.



**Scorpio** Someone you least expect will step up and help you get what you want. A partnership will give you strength and encourage you to follow your dream.



**Sagittarius** A situation involving your work or reputation will escalate rapidly if you don't address matters quickly, diplomatically and honestly.



**Capricorn** Convincing others to see things your way will be easy, but before you work your magic, make sure you can honor your promises.



**Aquarius** Openly address any of your financial concerns with whoever can assist you in reaching your goal. One of your ideas could turn into a profitable investment.



**Pisces** Make an emotional plea for advice and accept the constructive criticism offered in response. The tweaks you make will help you bypass a problem. **EUGENIA LAST**

### Yesterday's answers



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